



EXPLORING NORTH CENTRAL REGION TRENDS AND INFLUENCES

*Presented to: North Central Live Well San Diego Leadership Team
November 9th, 2015*

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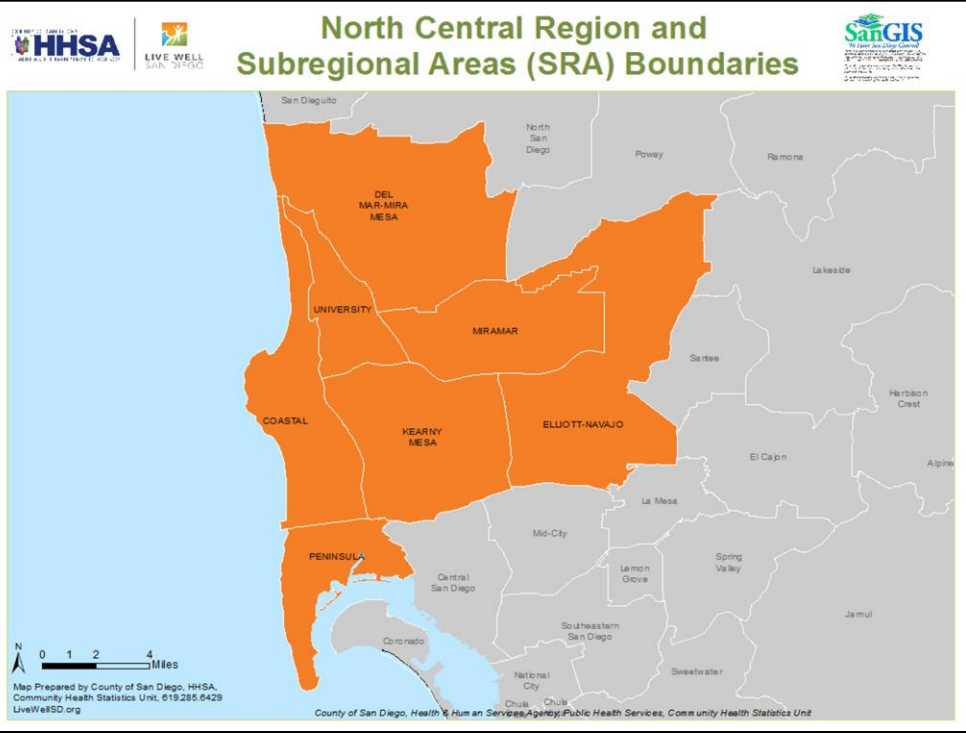
LIVE WELL
SAN DIEGO

Building
Better
Health

Living
Safely

Thriving





DEMOGRAPHICS, 2013



North Central Population **618,572**

Almost 1 in 5 residents in San Diego County live in North Central Region.

Poverty

11% of the population living below poverty level

Households

234,465 households (2.58 persons per household)

Education

Half of North Central residents have at least a bachelors degree (52.58%)

Unemployment

1 in 13 North Central Residents unemployed

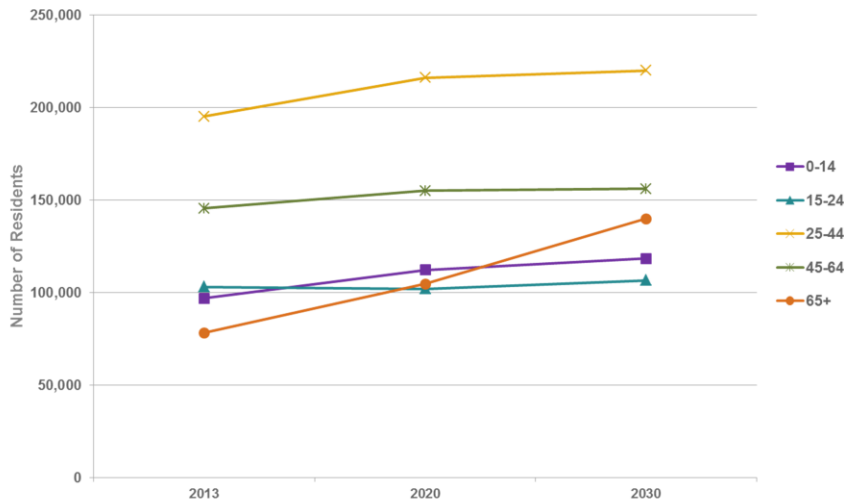
Source: 2009-2013 American Community Survey (ACS) 5-year estimates; SANDAG, Current Population Estimates, released 10/2013.
Prepared by: County of San Diego, Health & Human Services Agency, Public Health Services, Community Health Statistics Unit, 2015.

- 11% of the population living in poverty translates to almost **68,000 North Central residents living below poverty level**.
- North Central had the **lowest number of persons per household** compared to all other regions and the county overall (county 2.8 persons per household)
- North Central has the **lowest percentage of residents without a high school diploma** compared to all other regions (5.67%).
 - However 19% or almost 1 in 5 North Central residents had a high school degree or less.
 - 52.58% of North Central residents have a bachelor's degree or higher compared to 35% of all San Diego County residents.
- 7.55% or 1 in 13 North Central Residents were unemployed. This is a lower percentage compared to the county overall (10%).

DEMOGRAPHICS, 2013-2030



Age Distribution Current (2013) and Projections (2020-2030),
North Central Region, San Diego County



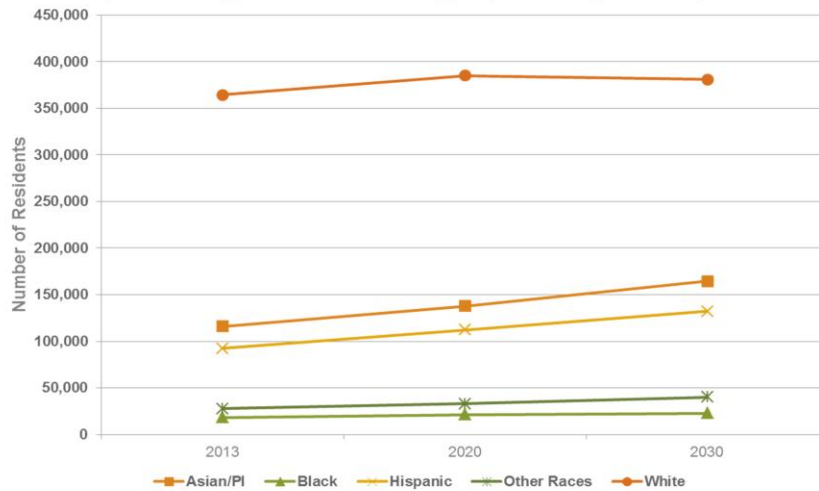
Source: SANDAG, Current Population Estimates, released 10/2013.
Prepared by: County of San Diego, Health & Human Services Agency, Public Health Services, Community Health Statistics Unit, 2015.

- In 2013, the largest proportion of individuals in North Central Region are adults 25-44 years.
 - **Adults 25-44 years are expected to remain the largest proportion** age group by 2030.
- The age group with the largest projected increase from 2013 to 2030 for North Central Region is among adults 65 years and older (79% increase between 2013 and 2030).
 - By 2030, the 65 years and older age group will surpass the 0-14 and 15-24 year old age groups.

DEMOGRAPHICS, 2013-2030



Race/Ethnicity Distribution Actual (2013) and Projections (2020-2030), North Central Region, San Diego County



Source: SANDAG, Current Population Estimates, released 10/2013.
Prepared by: County of San Diego, Health & Human Services Agency, Public Health Services, Community Health Statistics Unit, 2015.

- In 2013, **3 in 5 North Central Region residents were white**. By 2030, they will remain the largest proportion of residents in North Central Region.
- In North Central Region, Hispanic, Asian/Pacific Islander, and Other Race/Ethnicity residents are projected to have the largest population increase between 2013-2030.

BUILDING BETTER HEALTH

Did you know...



Change your life by...

- Walking for 30 minutes every day
- Eating healthy, at least 5 fruits and veggies daily
- Not smoking!



COUNTY OF SAN DIEGO
HHSA
HEALTH AND HUMAN SERVICES AGENCY



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3 BEHAVIORS, 2013



	North Central	San Diego County
Smoking	1 out of 7 teens and adults were current smokers.	1 out of 8 teens and adults were current smokers.
Lack of Physical Activity	25.2* % of children engaged in physical activity for at least 1 hour daily.	28.2% of children engaged in physical activity for at least 1 hour daily.
Diet	1 out of 5 residents ate fast food three or more times in the past week.	Over 1 out of 5 residents ate fast food three or more times in the past week.

*Indicates a statistically unstable estimate. Proceed with caution. Estimate is included for trending purposes.
Source: UCLA Center for Health Policy Research, California Health Interview Survey (CHIS), 2013.

Compared to San Diego County, North Central had:

- More teen and adult smokers.
- Lower percentage of children who engaged in physical activity for at least an hour daily.
- Comparable percentage of residents eating fast food 3 or more times during the week.

4 DISEASES, 2013



	North Central	San Diego County
Cancer	Cancer was the leading cause of death.	Cancer was the leading cause of death.
Heart Disease & Stroke	5.0% adults had ever been diagnosed with heart disease.	6.0% of adults had ever been diagnosed with heart disease.
Diabetes	1 out of 17 adults had ever been diagnosed with diabetes.	1 out of 12 adults had ever been diagnosed with diabetes.
Lung Disease	1 out of 9 residents had ever been diagnosed with asthma.	1 out of 8 residents had ever been diagnosed with asthma.

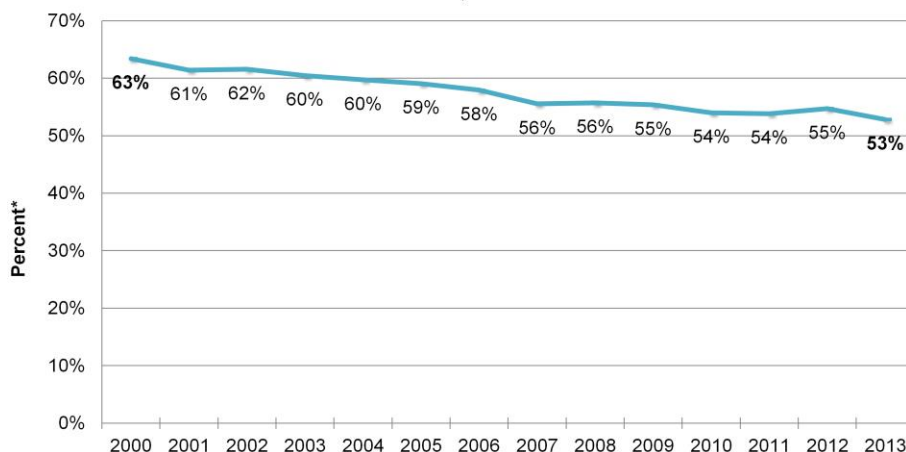
Source: UCLA Center for Health Policy Research, California Health Interview Survey (CHIS), 2013.

North Central Region residents had a lower percentage of the 4 diseases leading to over 50% of deaths in San Diego County.

3-4-50 CHRONIC DISEASE DEATH PERCENTAGES, TREND 2000-2013



**3-4-50 Death† Percentages* Among North Central Region
Residents, 2000-2013**



†3-4-50 deaths include stroke, coronary heart disease (CHD), diabetes, COPD, asthma, and cancer.

*3-4-50 deaths as a percentage of all cause deaths. Rates per 100,000 population.

Source: Death Statistical Master Files (CDPH); County of San Diego, Health & Human Services Agency, Public Health Services, Epidemiology & Immunization Services Branch; SANDAG, Current Population Estimates, 10/2013.

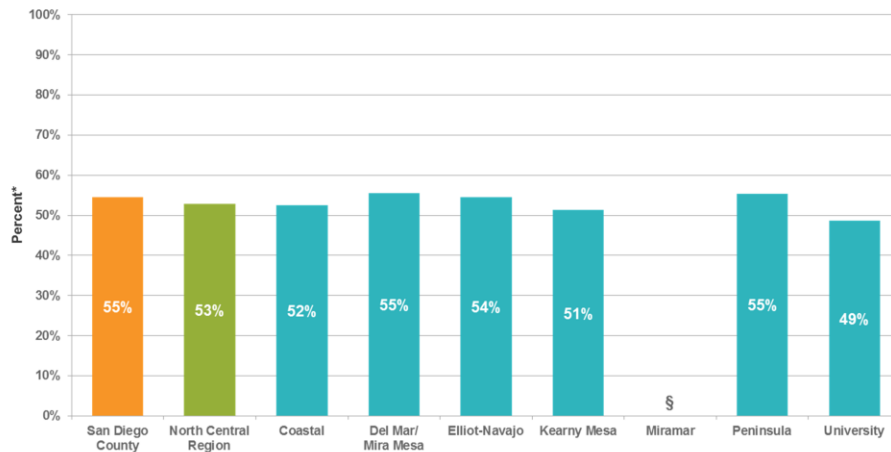
Prepared by: County of San Diego, Health & Human Services Agency, Public Health Services, Community Health Statistics Unit, 2015.

In the year 2000, North Central had a 3-4-50 percent at 63%. The percentage of deaths have decreased to 53% in 2013; lower than the County overall at 55% of deaths due to chronic disease.

3-4-50 CHRONIC DISEASE DEATH PERCENTAGES, 2013



3-4-50 Death† Percentages* Among San Diego County Residents - North Central Region, 2013



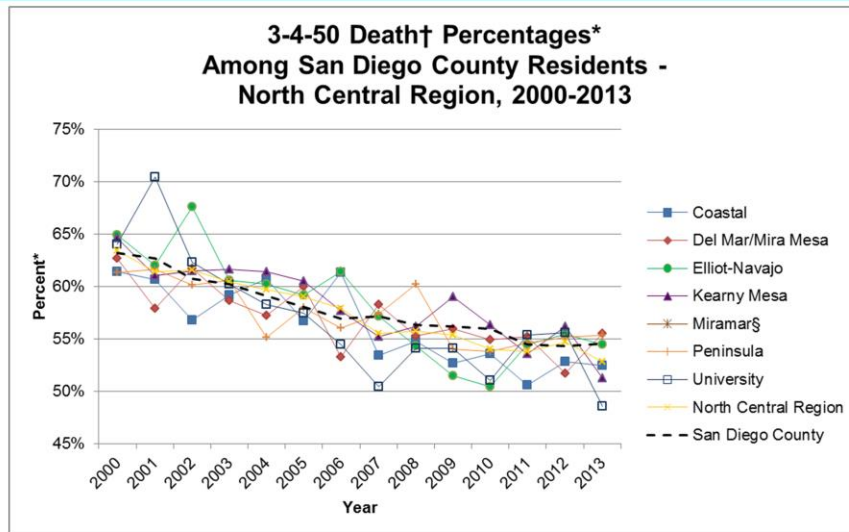
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Prepared by: County of San Diego, Health & Human Services Agency, Public Health Services, Community Health Statistics Unit, 2015.

- As mentioned in the previous slide, North Central Region has a lower burden of chronic disease compared to San Diego County as a whole; However:
 - Among the North Central Region SRAs in 2013, **Del Mar/Mira Mesa and Peninsula had the highest percentages** of deaths due to 3-4-50 chronic diseases at 55% each, which were equivalent to the county overall.
 - Additionally, among the North Central Region SRAs in 2013, **University had the lowest percentage** of 3-4-50 chronic disease deaths at 49%, which was lower than North Central Region and the county overall.

3-4-50 CHRONIC DISEASE DEATH PERCENTAGES, TREND 2000-2013



†3-4-50 deaths include stroke, coronary heart disease (CHD), diabetes, COPD, asthma, and cancer.

*3-4-50 deaths as a percentage of all cause deaths. Rates per 100,000 population.

Source: Death Statistical Master Files (CDPH), County of San Diego, Health & Human Services Agency, Public Health Services, Epidemiology & Immunization Services Branch; SANDAG, Current Population Estimates, 10/2013.

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- Overall, the percentage of deaths due to 3-4-50 chronic disease decreased in North Central Region and its Subregional Areas (SRAs) from 2000-2013.
- Elliott-Navajo had one of the lowest percentages of 3-4-50 chronic disease deaths in from 2008 to 2010 but has since switched to the third highest percentage in the Region.



3-4-50 BY HEALTH EQUITY LENSES

San Diego County Data

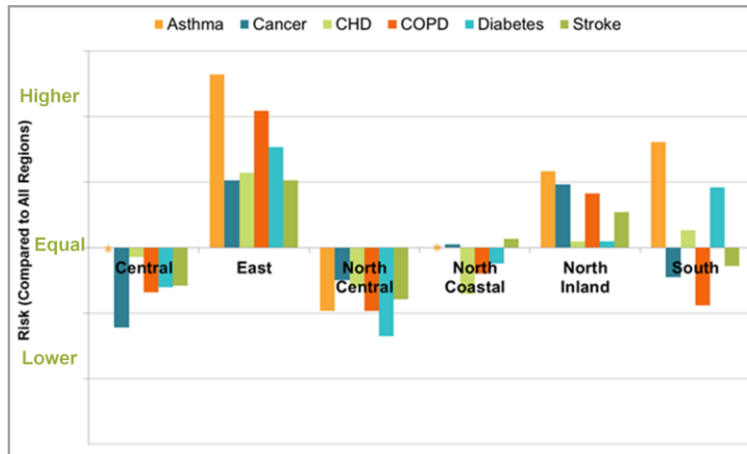


3-4-50 BY REGION



RISK OF 3-4-50† DEATH OUTCOMES BY SAN DIEGO COUNTY REGION, 2013

North Central had lower rates of chronic disease deaths compared to the county.



†3-4-50 deaths include stroke, coronary heart disease (CHD), diabetes, COPD, asthma, and cancer.

‡3-4-50 deaths as a percentage of all cause deaths. Rates per 100,000 population.

Source: Death Statistical Master Files (CDPH), County of San Diego, Health & Human Services Agency, Public Health Services, Epidemiology & Immunization Services Branch; SANDAG, Current Population Estimates, 10/2013.

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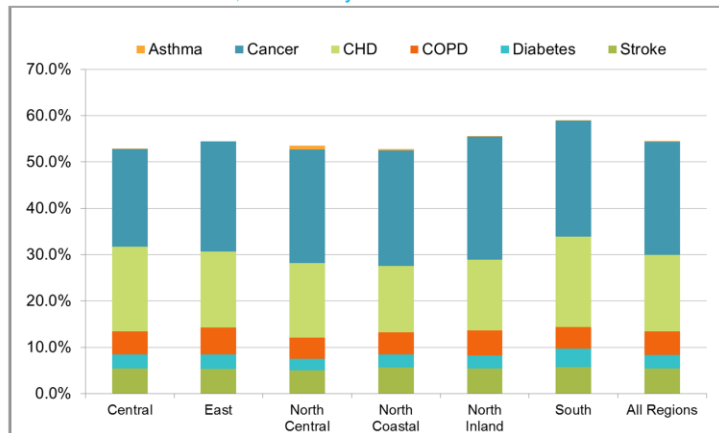
Among the HHS regions, Central Region and **North Central Region** residents were at the lowest risk of death for *all* of the 3-4-50 chronic diseases.

3-4-50 BY REGION



PERCENTAGES* OF 3-4-50 DEATHS IN SAN DIEGO COUNTY BY REGION, 2013

Regardless of region, cancer accounted for the greatest percentage of chronic disease deaths, followed by CHD.



*3-4-50 deaths include stroke, coronary heart disease (CHD), diabetes, COPD, asthma, and cancer.

*3-4-50 deaths as a percentage of all cause deaths. Rates per 100,000 population.

Source: Death Statistical Master Files (CDPH), County of San Diego, Health & Human Services Agency, Public Health Services, Epidemiology & Immunization Services Branch; SANDAG, Current Population Estimates, 10/2013.

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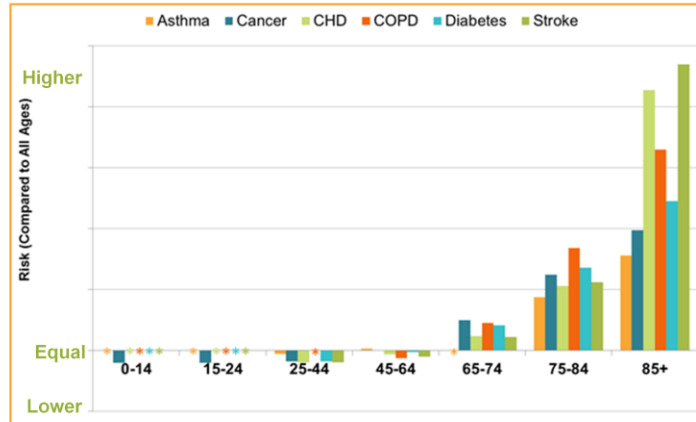
Regardless of region, cancer accounted for the greatest percentage of chronic disease deaths, followed by CHD.

3-4-50 BY AGE



RISK OF 3-4-50† DEATH OUTCOMES BY AGE GROUP, 2013

The percent of the population 65 and older in North Central Region is 12.63%.



†3-4-50 deaths include stroke, coronary heart disease (CHD), diabetes, COPD, asthma, and cancer.

*3-4-50 deaths as a percentage of all cause deaths. Rates per 100,000 population.

Source: Death Statistical Master Files (CDPH), County of San Diego, Health & Human Services Agency, Public Health Services, Epidemiology & Immunization Services Branch; SANDAG, Current Population Estimates, 10/2013.
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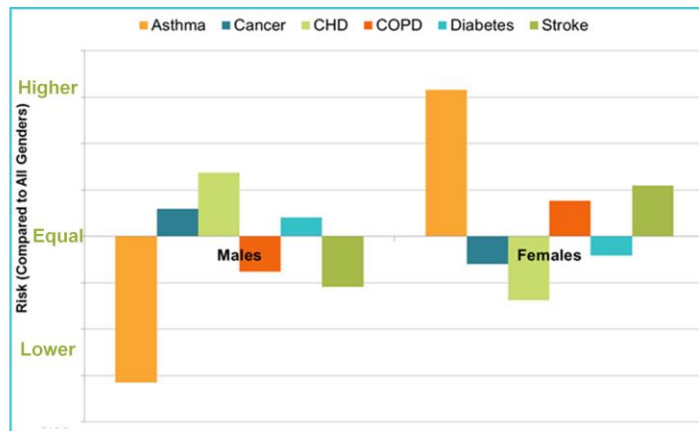
About 1 in 8 North Central Region residents are 65 years or older.

3-4-50 BY GENDER



RISK OF 3-4-50† DEATH OUTCOMES BY GENDER GROUP, 2013

The ratio of Males to Females in North Central Region is roughly 50/50.



†3-4-50 deaths include stroke, coronary heart disease (CHD), diabetes, COPD, asthma, and cancer.

‡3-4-50 deaths as a percentage of all cause deaths. Rates per 100,000 population.

Source: Death Statistical Master Files (CDPH), County of San Diego, Health & Human Services Agency, Public Health Services, Epidemiology & Immunization Services Branch; SANDAG, Current Population Estimates, 10/2013.

Prepared by: County of San Diego, Health & Human Services Agency, Public Health Services, Community Health Statistics Unit, 2015.

Males and Females had the exact opposite risk of death for each 3-4-50 disease.

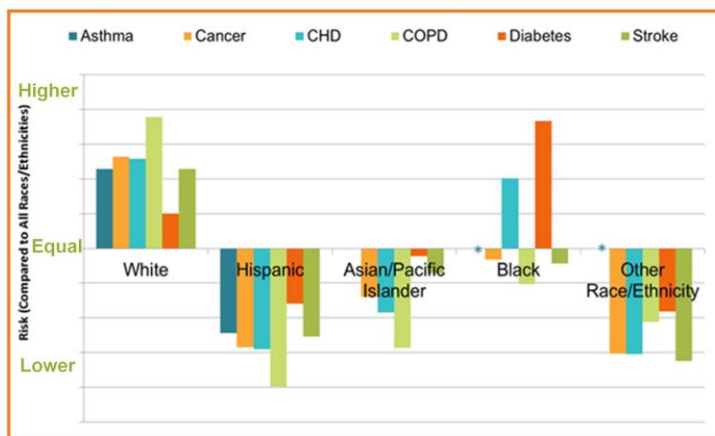
- CHD, cancer, and diabetes risk of death due to 3-4-50 outcomes was higher among males.
- Asthma, COPD, and stroke risk of death due to 3-4-50 outcomes was higher among females.

3-4-50 BY RACE/ETHNICITY



RISK OF 3-4-50† DEATH OUTCOMES BY RACE/ETHNICITY GROUP, 2013

- The percent of whites in North Central Region is 58.9%.
- The percent of blacks in North Central Region is 2.9%.



†3-4-50 deaths include stroke, coronary heart disease (CHD), diabetes, COPD, asthma, and cancer.

‡3-4-50 deaths as a percentage of all cause deaths. Rates per 100,000 population.

Source: Death Statistical Master Files (CDPH), County of San Diego, Health & Human Services Agency, Public Health Services, Epidemiology & Immunization Services Branch; SANDAG, Current Population Estimates, 10/2013.

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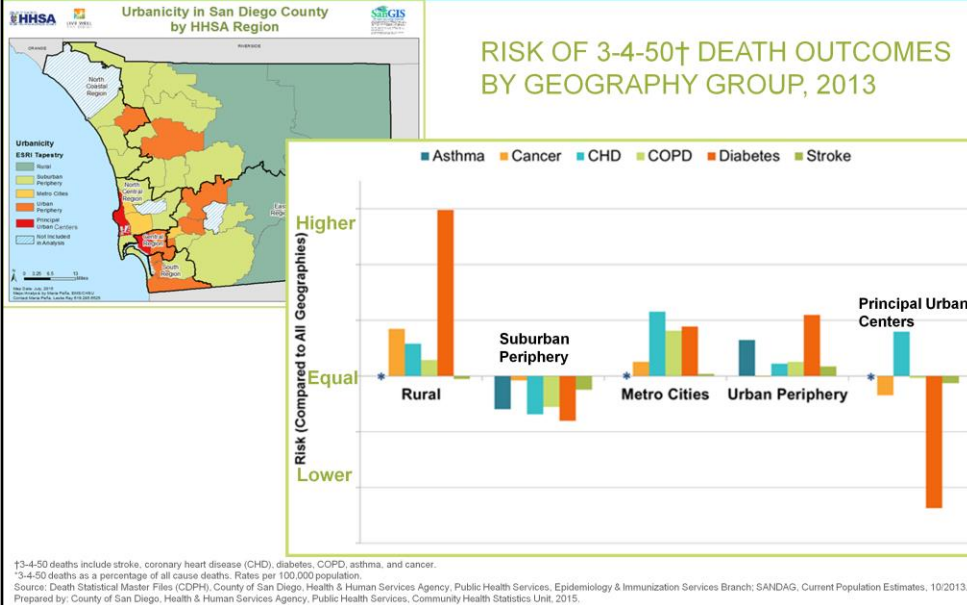
Compared to the county overall, whites were at higher risk for all 3-4-50 diseases whereas blacks were at highest risk for diabetes and Coronary Heart Disease (CHD).

- About 3 in 5 North Central Region residents are white.
- About 1 in 34 North Central Region residents are black.

3-4-50 BY GEOGRAPHY



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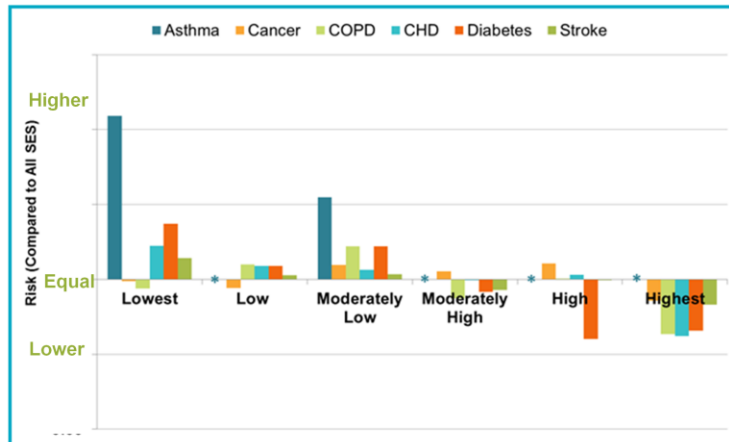
- North Central region is primarily dominated by Principal Urban Centers on its coastline, followed by Metro Cities and suburban Periphery.
- Overall, in the center of North Central, along the Metro Cities SRAs, there is a higher risk of 3-4-50 deaths.

3-4-50 BY SOCIOECONOMIC STATUS



RISK OF 3-4-50† DEATH OUTCOMES BY SOCIOECONOMIC STATUS, 2013

North Central represents predominantly higher SES categories.



†3-4-50 deaths include stroke, coronary heart disease (CHD), diabetes, COPD, asthma, and cancer.

‡3-4-50 deaths as a percentage of all cause deaths. Rates per 100,000 population.

Source: Death Statistical Master Files (CDPH), County of San Diego, Health & Human Services Agency, Public Health Services, Epidemiology & Immunization Services Branch; SANDAG, Current Population Estimates, 10/2013. Prepared by: County of San Diego, Health & Human Services Agency, Public Health Services, Community Health Statistics Unit, 2015.

North Central represents predominantly higher SES categories. Kearny Mesa and Peninsula SRAs fall into the Moderately Low Income Category (median household income of \$58,375.38).

Moderately High: University

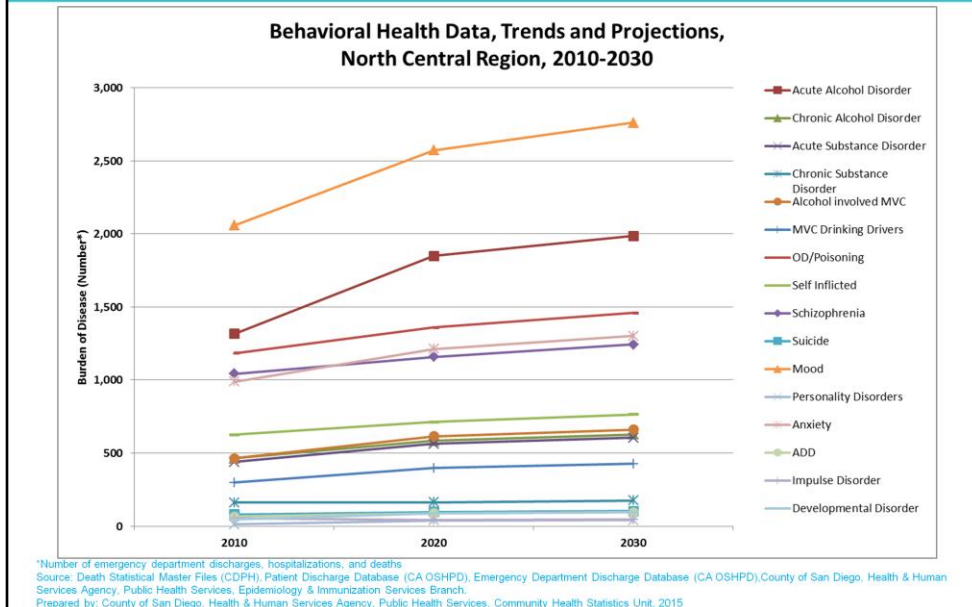
High: Coastal and Elliott-Navajo

Highest: Del-Mar/ Mira Mesa



EXPLORING BEHAVIORAL HEALTH TRENDS IN NORTH CENTRAL REGION



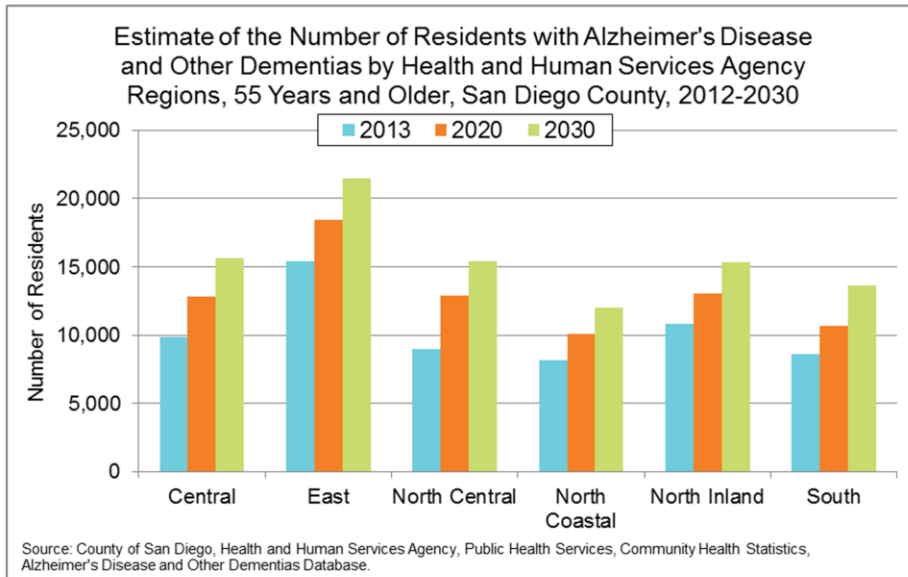


Leading Behavioral health concerns between 2013 and 2030: mood disorders, acute alcohol disorder, and overdose/poisoning.

Between 2010 and 2030,

- 34.1% increase in mood disorder medical encounters
- 50.9% increase in acute alcohol disorder medical encounters
- 23.2% increase in overdose/poisoning medical encounters and death (over 90% of these are medical encounters, primarily emergency department discharges)

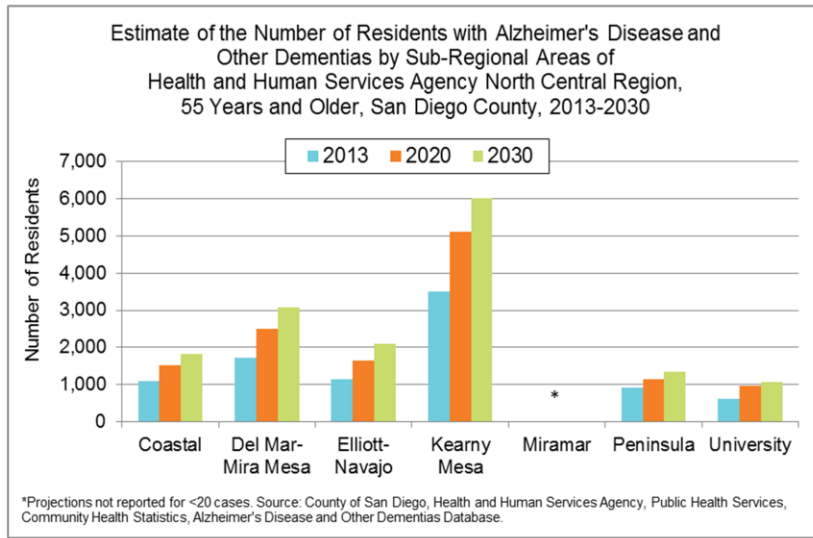
BEHAVIORAL HEALTH TRENDS



- In 2013, 62,000 San Diegans age 55 years and older were living with ADOD.
- Compared to other HHS regions, North Central Region had the second highest population of residents age 55 years and older, yet the lowest proportion of those living with ADOD.
- **By 2030, there will be an estimated 15,400 North Central Region residents 55 and older, living with ADOD, a 72% increase between 2013 and 2030.**



ADOD PROJECTIONS BY COMMUNITY



- Compared to the county, North Central Region had a lower rate of discharge from the ED or hospital with any mention of ADOD among its 55 years and older residents.
 - Approximately 18% (2 in 11) of the county's age 55 years and older who were discharged from the ED or hospital with any mention of ADOD were North Central Region residents.
- Kearny Mesa is expected to continue to account for nearly 40% of the number of 55 years and older residents living with ADOD in North Central Region by 2020 and 2030.
- Kearny Mesa will account for the largest proportion of ED and hospital discharges in 2030.



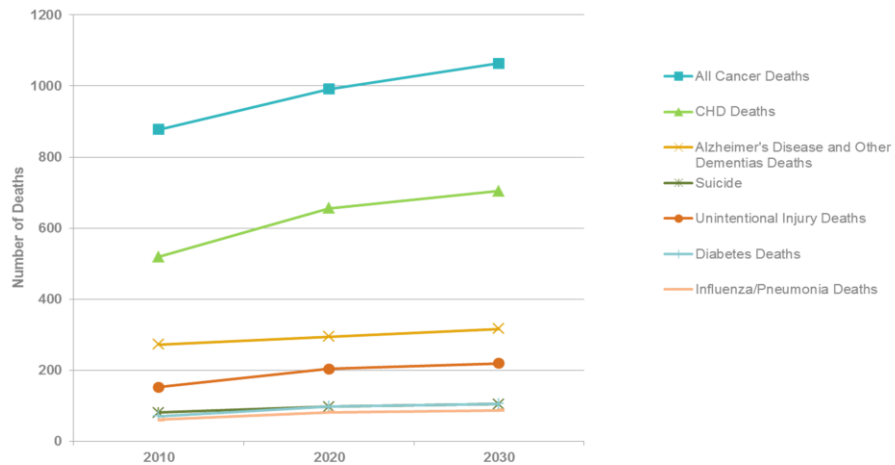
LEADING CAUSES OF DEATH IN NORTH CENTRAL REGION



LEADING CAUSES OF DEATH, 2010-2030



**Leading Causes of Death in North Central Region,
Health Projections (2010-2030)**



Death Statistical Master Files (CDPH), County of San Diego, Health & Human Services Agency, Public Health Services, Epidemiology & Immunization Services Branch; SANDAG, Current Population Estimates, released 10/2013.

Leading causes of death:

By 2030, Cancer will remain the leading cause of death in North Central residents, followed by CHD, and Alzheimer's Disease and Other Dementias.



A CLOSER LOOK INTO NORTH CENTRAL

Community Health Improvement Plans (CHIP)



NORTH CENTRAL REGION COMMUNITY HEALTH IMPROVEMENT PLAN



PRIORITY AREA 1: PREVENTIVE HEALTH CARE



GOAL: INCREASE ACCESS TO PREVENTIVE HEALTH CARE.

Objective(s)	Performance Measures	Source	Baseline 2011-2012	2013	2014
1.1.1 Collect baseline data to assess the percentage of residents who have access to transportation to community clinics and medical appointments, by 2014.	Percent of residents who have access to transportation (Currently collecting data)	North Central Region (Clinic surveys)	Will use Year 1 data - 2014	-	Complete - Received transportation map project data from 211
1.1.2 Increase the percentage of residents with a medical home 1%, by December 2018.	Percent of residents who delayed or did not get medical care	California Health Interview Survey	12.8%	9.7%	10.5%
1.2.1 Secure 20 health care sites who agree to promote the 5-2-1-0 campaign, by December 2014.	Number of health care sites	North Central Region	0	-	Complete - 20 delivered before 4/4/2014

- The percentage of North Central residents delaying or not receiving medical care has been decreasing.

PRIORITY AREA 2: BEHAVIORAL HEALTH



GOAL 1: INCREASE ACCESS TO BEHAVIORAL/MENTAL HEALTH SERVICES.

GOAL 2: DECREASE SOCIAL AND HEALTH PROBLEMS RELATED TO ALCOHOL, TOBACCO, AND DRUG OVERUSE/ABUSE.

Objective(s)	Performance Measures	Source	Baseline 2011-2012	2013	2014
2.1.1 Increase the percentage of residents who needed a mental health service who sought out a service by 1%, by December 2018.	Of those who needed a mental health service, how many sought care	California Health Interview Survey	64.9%	53.5%	84.4%* *statistically unstable
2.2.1 Implement at least one voluntary smoke-free and/or crime-free policy at residential care facilities and/or multi-housing properties, by December 2018.	Number of smoke-free and/or crime-free Residential Care Facilities and/or multi-housing properties	SAY San Diego	0	-	Complete - 3 Implemented
2.3.1 Decrease the percentage of poisonings from prescription drugs 1%, by December 2018.	Percentage of unintentional prescription-related deaths	Prescription Drug Abuse Report Card	267 (rate 9.8 per 100,000)	259 (rate 8.2 per 100,000)	Not available
2.3.2 Implement one policy or regulatory practice around alcohol access control, by December 2018.	Policy or practice implemented	North City Prevention Coalition	0	-	Complete - e-cigarette prohibition by 7/14

PRIORITY AREA 3: PHYSICAL ACTIVITY



GOAL: INCREASE PHYSICAL ACTIVITY FOR NORTH CENTRAL REGION RESIDENTS.

Objective(s)	Performance Measures	Source	Baseline 2011-2012	2013	2014
3.1.1 Increase the percentage of residents who use active transport by 1%, by 2018.	Percent of population that uses public transportation to get to work	American Community Survey	3.04%	2.99%	Not available
	Percent of population that walks to get to work	American Community Survey	3.06%	2.63%	Not available




- There has been a decrease in the percent of the population who walk or use public transportation to get to work.



NORTH CENTRAL *LIVE WELL* *SAN DIEGO* INDICATORS



TOP 10 LIVE WELL SAN DIEGO INDICATORS

				<div>Live Well San Diego</div> <div>North Central Sub-Regional Areas</div> <div>Community Indicators - 2015</div>									<div>Return to No. Central Region Community Map</div>		
Indicator	North Central Region Communities							North Central Region (HHSa)	San Diego County	California	United States				
	Coastal	Del Mar-Mira Mesa	Elliot-Navajo	Kearny Mesa	Miramar	Peninsula	University								
HEALTH															
Life Expectancy															
Measure of length and duration of life expected at birth	84.6 yrs	86.3 yrs	84.6 yrs	80.9 yrs	N/A	85.6 yrs	84.6 yrs	84.2 yrs	82.3 yrs	81.2 yrs	78.8 yrs				
Percent of population who smoked cigarettes in the last 12 months	15.7%	13.1%	16.3%	18.7%	20.3%	17.1%	19.4%	16.5%	16.8%	16.9%	20.9%				
Percent of population spending 2 or more hours exercising per week	65.7%	62.2%	59.8%	55.8%	38.5%	59.6%	68.0%	60.9%	54.4%	52.3%	49.2%				
Percent of population having visited a doctor in the last 12 months 6 or more times	30.4%	32.3%	32.2%	29.0%	21.6%	29.7%	26.4%	30.1%	28.8%	28.5%	29.4%				
Quality of Life															
Percent of population that is sufficiently healthy to be able to live independently (not including those who reside in nursing homes or other institutions)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	95.0%	94.5%	94.2%				
KNOWLEDGE															
Education															
Percent of population with a High School Diploma or Equivalent	98.2%	94.3%	95.6%	89.9%	97.1%	96.6%	97.4%	94.7%	84.7%	81.7%	86.6%				
Percent of population with less than a High School Diploma or Equivalent	1.8%	5.7%	4.4%	10.1%	2.9%	3.4%	2.6%	5.3%	15.3%	18.3%	13.4%				
Percent of population with a Bachelor's Degree	68.0%	56.6%	44.9%	38.0%	13.3%	45.7%	71.1%	52.1%	33.4%	31.0%	29.6%				
Percent of population with a Graduate or Professional Degree	28.8%	24.7%	17.0%	13.2%	7.2%	17.0%	38.1%	21.8%	12.7%	11.5%	11.2%				
Percent of combined gross school enrollment of school aged population	98.4%	99.0%	102.8%	98.1%	31.1%	65.0%	110.5%	93.3%	89.4%	90.0%	88.1%				
STANDARD OF LIVING															
Unemployment															
Percent of the total labor force that is unemployed (actively seeking employment and willing to work)	7.3%	7.5%	8.9%	9.0%	11.2%	7.6%	7.6%	8.1%	10.3%	11.5%	9.7%				
Income															
Percent of population spending less than 1/3 of income on housing	54.3%	60.3%	54.1%	53.5%	10.8%	56.1%	48.0%	54.7%	49.9%	53.5%	63.3%				
Per Capita Income	59,688	44,509	38,012	32,592	21,881	36,620	36,472	41,186	31,197	29,527	28,155				

The most current data available are reported. Indicators will be updated on an ongoing basis. LWSD Top 10 Indicators are bolded.

October 2015

The most current data available are reported. Indicators will be updated on an ongoing basis. LWSD Top 10 Indicators are bolded.

October 2015

North Central region as a whole is doing better than the County overall for the Health, Knowledge and Standard of Living Areas of Influence.

- **North Central Region had a higher life expectancy than San Diego County overall.**
- North Central Region residents had a higher percentage of population with a bachelors degree or higher than the county overall.
- The percent of the population spending 2+ hours exercising per week was higher among North Central Region residents at 60.9% compared to the county overall at 54.4%.

TOP 10 LIVE WELL SAN DIEGO INDICATORS

Live Well San Diego North Central Sub-Regional Areas Community Indicators - 2015								Return to No. Central Region Community Map			
Indicator	North Central Region Communities							North Central Region (HHS)	San Diego County	California	United States
	Coastal	Del Mar-Mira Mesa	Elliot-Navajo	Kearny Mesa	Miramar	Peninsula	University				
Median Household Income	88,415	108,127	80,362	67,145	51,875	70,549	68,804	82,303	67,349	60,190	52,250
Percent of population with an interest or non-interest checking account	64.1%	66.8%	64.4%	58.3%	35.4%	59.2%	60.1%	62.1%	55.5%	53.3%	57.1%
Percent of population with a savings account	61.6%	62.5%	61.7%	57.5%	36.8%	58.5%	61.2%	60.2%	54.4%	51.8%	53.5%
Percent of population with either a 401 (K), 403 (b), or an IRA retirement savings plan	37.4%	42.7%	39.2%	32.4%	12.7%	34.4%	28.9%	36.2%	31.8%	29.6%	30.2%
COMMUNITY											
Security											
Number of crimes per 100,000 people (all crimes including violent and property)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	2,138.7	2,837.2	2,961.6
Number of unintentional injuries per 100,000 people	5,670.48	2,882.35	4,993.65	6,501.00	490.10	3,854.24	2,970.13	4,522.1	5,718.97	6,344.30	N/A
Percent of population that feels safe in their neighborhood	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	93.2%	87.0%	N/A
COMMUNITY											
Physical Environment											
Percent of days that air quality was rated unhealthy	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	4.7%	5.8%	N/A
Air Quality Ozone Design Value: Design Value is an average of ozone concentration of the 4th high 8-hour intervals over a 3 year period (2011-2013)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	0.067	N/A	N/A	N/A
Air Quality Particulate Matter: Average number of collected particulate matter samples at the 98th percentile over a 3 year period (2011-2013)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	17.0	N/A	N/A	N/A
Rate of water quality violations per year for federally regulated drinking water contaminants per 100,000 people	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	2.0	7.3	48.1
Percent of beach days under a Beach Notification Action (advisories and closures)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	1.7%	4.7%	5.4%
Percent of population who recycled products in the last 12 months	74.4%	70.1%	68.0%	67.6%	49.8%	68.0%	65.9%	68.9%	64.6%	63.5%	57.6%



The most current data available are reported. Indicators will be updated on an ongoing basis. LWSD Top 10 Indicators are bolded.

October 2015

North Central region as a whole is doing better than the County overall for the Community Area of Influence as well.

- The rate of unintentional injuries among North Central Residents is lower than the county overall.
- 68.9% residents recycle in North Central Region compared to the county (64.6%).


LIVE WELL INDICATORS WITH COMPARISONS

Live Well San Diego

North Central Sub-Regional Areas

Community Indicators - 2015


[Return to No. Central Region Community Map](#)

Indicator	North Central Region Communities							North Central Region (NHSA)	San Diego County	California	United States
	Coastal	Del Mar-Mira Mesa	Elliot-Navajo	Kearny Mesa	Miramar	Peninsula	University				
Built Environment											
Percent of population living within a half mile of a park	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	50.0%	58.0%	36.8%
Number of recreational facilities per 100,000 people	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	15.6	14.9	12.8
Percent of population using public transportation to work	1.9%	1.5%	1.6%	4.0%	0.0%	2.5%	9.0%	3.0%	3.1%	5.2%	5.0%
Percent of population with over 60 minutes travel time to work	2.4%	2.8%	3.6%	3.3%	0.7%	3.4%	2.2%	2.9%	5.5%	10.0%	8.1%
Average travel time to work for workers age 16 or older (in minutes)	1.2	6.7	2.9	1.3	9.5	2.1	1.6	3.1	24.4	27.2	25.5
SOCIAL											
Vulnerable Populations											
Percent of population with income of 200 percent of poverty or less, who have experienced food insecurity	N/A	N/A	N/A	N/A	N/A	N/A	N/A	31.3%	38.1%	38.4%	N/A
Percent of population with self-care difficulty (have difficulty caring for themselves)	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	2.5%	3.0%	3.1%
Percent of population who are a primary caregiver/caretaker	5.2%	5.2%	6.4%	6.5%	7.7%	6.1%	5.3%	5.8%	6.3%	6.5%	7.0%
Percent of population without health insurance (18 to 64 years of age)	12.2%	11.6%	12.1%	20.3%	2.6%	15.3%	11.1%	14.2%	22.7%	24.5%	20.6%
Percent of population with linguistic isolation (unable to communicate effectively in English)	1.2%	7.8%	3.2%	5.9%	3.7%	2.7%	6.0%	4.8%	8.6%	9.9%	4.6%
Percent of population who have access to Internet at home using a computer	89.4%	93.2%	88.1%	85.5%	63.0%	85.5%	88.9%	88.5%	82.7%	81.1%	78.6%
Community Involvement											
Percent of residents who volunteer	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	26.9%	24.3%	25.4%
Percent of the population who donates to charity	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	55.9%	48.7%	51.0%
Percent of residents registered to vote who voted in the 2012 presidential election	N/A	N/A	N/A	N/A	N/A	N/A	N/A	N/A	77.0%	72.4%	61.8%
Percent of population who voted in federal, state, or local election in the last 12 months	56.0%	48.4%	53.2%	47.8%	25.5%	50.2%	46.7%	49.7%	43.8%	40.7%	44.5%

The most current data available are reported. Indicators will be updated on an ongoing basis. LWSD Top 10 Indicators are bolded.



October 2017

The most current data available are reported. Indicators will be updated on an ongoing basis. LWSD Top 10 Indicators are bolded.

October 2015

- North Central Region residents have a lower percentage of population with income at or below 200% FPL who have experienced food insecurity at 31.3% compared to the San Diego County overall at 38.1%.
- Compared to the county (8.6%), North Central residents are less likely to experience linguistic isolation at 4.8%.

LIVE WELL INDICATORS WITH COMPARISONS



LIVE WELL

SAN DIEGO

Live Well San Diego

North Central Sub-Regional Areas

Community Indicators - 2015

Indicator	North Central Region Communities								North Central Region (HHS)	San Diego County	California	United States
	Coastal	Del Mar-Mira Mesa	Elliot-Navajo	Kearny Mesa	Miramar	Peninsula	University					
Percent of population who volunteered for a charitable organization in the last 12 months	21.1%	19.2%	19.1%	16.7%	9.0%	18.2%	17.4%	18.4%	15.6%	14.5%	15.1%	
Percent of population who contributed to a political organization in the last 12 months	7.2%	6.0%	6.2%	5.2%	1.8%	6.0%	5.3%	5.9%	4.9%	4.7%	4.3%	
Percent of population who contributed to arts and cultural organizations in the last 12 months	8.7%	6.2%	6.7%	5.7%	1.7%	6.9%	5.4%	6.4%	5.1%	4.8%	4.2%	
Percent of population who contributed to educational organizations in the last 12 months	11.3%	12.2%	11.8%	9.3%	5.7%	10.4%	9.2%	10.7%	9.5%	9.0%	9.0%	
Percent of population who contributed to environmental organizations in the last 12 months	9.1%	6.7%	7.5%	6.2%	2.1%	7.6%	7.1%	7.1%	5.6%	5.1%	4.8%	
Percent of population who contributed to health organizations in the last 12 months	11.4%	11.2%	11.3%	9.3%	5.8%	10.2%	7.8%	10.2%	9.1%	8.6%	8.8%	
Percent of population who contributed to religious organizations in the last 12 months	24.7%	29.0%	28.5%	23.5%	16.8%	24.0%	20.7%	25.4%	24.2%	23.4%	25.3%	
Percent of population who contributed to a social service organizations in the last 12 months	12.6%	11.7%	12.5%	10.2%	4.2%	11.5%	9.1%	11.2%	9.4%	8.6%	8.8%	

The most current data available are reported. Indicators will be updated on an ongoing basis. LWSD Top 10 Indicators are bolded.

October 2015

In North Central Region, more people volunteer and contribute in all organizational categories compared to the county.

KEY HEALTH CONCERNS



NORTH CENTRAL REGION

- With the population of those 65 years and older projected to have the largest increase by 2030, Alzheimer's Disease and Other Dementias is one of the leading health concerns in North Central Region:
 - By 2030, there will be an estimated **15,400** North Central Region residents 55 and older, living with ADOD, a **72% increase between 2013 and 2030**.
- Chronic disease is the leading cause of death among North Central Region residents.
 - **Cancer is the number one cause of death**, followed by CHD.
 - Among the North Central Region SRAs in 2013, **Del Mar/Mira Mesa and Peninsula had the highest percentages of deaths due to 3-4-50 chronic diseases at 55% each**, which were equivalent to the county overall.

FOR MORE INFORMATION



For more information, including data,
resources and reports, from Public Health
Services:

www.SDHealthStatistics.com

QUESTIONS?



LIVE WELL
SAN DIEGO



WHERE DO WE GO FROM HERE?



1. What stands out to you about the data and the trends?
2. Do the data as presented reflect what is happening in your community?
3. Do the data suggest to you anything new that needs to be done?